

## Athletic / Cardio Classes

**Bootcamp Express:** Intense body workout including drills, weight training, agility work & plyometrics. Each movement uses a core focus.

**Cardio Blast:** An explosive sweat and melt full body fat-burning workout, a mix of cardio and weight training moves to activate and challenge the core.

**Cardio Combo:** A great workout for your heart and lungs. After an easy warm-up, simple combinations will be introduced utilizing the step decks and alternate with low impact aerobics.

**Circuit Training:** The ultimate calorie burner! Alternating segments of cardio, weights, this class will give you an incredible workout.

**Dance & Tone:** Enhance your rhythm and coordination, while toning your whole body with the use of light weights. Suitable for all levels.

**HIIT & Burn:** Combines cardio intervals w/ strength training and alternates between intense bursts of activity and less intense activity. Not only do you burn more calories, you burn more fat and calories in the 24 hours after the workout!

**Karate:** Is a martial art founded on the effectiveness of every part of the body for the purpose of self defense, it is a weaponless art which employs various techniques of punching, striking and kicking. Karate is designed for everyone and is free to all members over the age of 18

**Step:** A step class, which includes warm-up, step routine, high/low impact moves, cool-down and free weight work.

**Step Combo:** This is 30 minute step class followed by 30 minutes of weight training.

**Strength & Conditioning:** This is a class that combines full body strength training with high intensity cardio bursts designed to tone your body and improve your endurance.

**Strong by Zumba:** This is no dance class! Burn tons of calories while toning arms, legs, abs & glutes with explosive plyometric moves like high knees, burpees, jumping jacks, power lunges, squats & kickboxing.

**Urban Kick:** A unique, full-body kickboxing workout that uses traditional dance formatting, mixed with HIIT training, for multi-level, fun, and heart-healthy workout.

## Gentle Classes

**Gentle Conditioning:** this workout incorporates; cardio, step, strength resistance and balance taught in progressions that will benefit the total body while improving cardiovascular endurance.

**Gentle Aqua:** get in the pool and benefit from the supportive environment of the water as you exercise and move your muscles in flexibility and conditioning exercises.

**Gentle Stretch:** Flexibility, alignment and relaxation are the focus in the class. Stretch classes are open to individuals at all fitness levels.

*\*These classes are designed for those who are: pre/post natal, seniors, new to exercise or recovering from injuries.*

## Indoor Cycling Classes

**Spin:** This is an excellent aerobic workout, a biking adventure set to music

**Spin Attack:** Fast paced, exciting bike class. Enjoy a class of endurance and intervals that are sure to burn the extra calories. All fitness levels welcome.

**Power Spin:** This is an intense indoor biking class that features speed drills and intervals to rev up your body's fat burning furnace. All fitness levels welcome.

*\*Be sure to bring a water bottle and towel; bike shorts and a gel seat is also recommended. If this is your first time, come at least 10 minutes early for a personalized bike set-up. All levels welcome.*

## Body Sculpting Classes

**Body Sculpt:** This is a total body workout designed to improve muscular strength and endurance utilizing free weights and exercise tubes.

**Cardio Sculpt:** A total body conditioning and strengthening class with free weight and calorie burning exercises. This is the perfect workout for those wishing to tone-up and slim down.

**Cardio Sculpt & Core:** A total body workout with exercises that are practical to support a "fit & balanced" lifestyle which means doing physical workouts with and without equipment, hence taking advantage of the natural law of gravity and resistance. This class promotes heart health, increases stamina, develops muscular strength & endurance and improves overall physical condition with a focus on injury prevention.

**PiYo:** Takes the very best Pilates and yoga-inspired moves and cranked up the speed to give you full throttle cardio, strength, and flexibility training - all at once. PiYo packs it ALL into each workout so you can build lean muscle mass - as you're burning crazy calories. All without bulking up or straining your joints!

**Total Body Barre:** Class incorporates an upper body workout and a combination of high-intensity sequences of thigh, seat, and core exercises at the "barre". Includes a releasing stretch.

## Mind Body Classes

**Pilates:** This method of exercise and physical movement is designed to stretch, strengthen and balance your body. Improve your strength, flexibility, lung capacity, circulation, posture, balance and core strength

**Yoga (Hatha):** An active Iyengar/Flow style yoga class. Standing sequences of postures are practiced and emphasis is given to postural alignment, balance, breathing, flexibility and strength of the body. Class begins with centering practice and concludes with relaxation. Appropriate for all levels.

**Revitalizing Yoga:** A gentle and relaxing class that is aimed at releasing stress from the mind and body. The goal is to recoup the mind and body thru a series of poses that allow the body to breathe and open up.

**Restorative Yoga Flow:** Alternate between relaxing restorative postures & gentle slow flow, using strategies from 25 yoga styles. All styles are customized to meet the needs of each class and maximize health of the whole body.

## Dance Classes

**World Rhythms:** Dance your way around the world at lunch! Flexibility, strength and fun are the benefits from using innovative dance music using 'moves' from around the world.

**Zumba:** A fusion of Latin and international themed dance choreography that is easy to follow. The class is full of high energy and you will burn body fat and tone up all while having fun. All fitness levels welcome.

## Fee based classes \$

**Pilates Reformer:** This is a Pilates based class that uses the reformer apparatus in the workout. See flyer for pricing and packages.

**Pilates Springboard:** This is a Pilates based class that uses the springboard apparatus in the workout. See flyer for pricing and packages.

*\*\*Free Demos for both Reformer and Springboard are available. Sign up and the Courtesy Desk! Space is limited.*

## Water Workout Classes

**Aqua Zumba:** Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Aqua Zumba blends the Zumba philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints so you can really let loose.

**Cardio Splash:** Take your workout to the pool with this invigorating non-impact class. This "no sweat" workout is safe, fun and exciting!

**H2O Aerobics:** Use water resistance to develop strength and cardiovascular endurance.

## Specialty Classes

**Racquetball Clinic:** Instruction includes: forehand, backhand, & rules. This is great for the new player and for those who have not played in a while and need a re-fresher. Come and join us. Class limit is five. Register at Courtesy Desk.

**Reposture Revitalize:** A combination of stretches & breathing techniques designed to restore balance and flexibility.

### Class Etiquette

1. Classes are a group activity; we request that you follow the instructor's routine.
2. Please be on time. Entering a class in progress is not recommended and unsafe.
3. Keep conversation to a minimum.
4. Please do not enter the classroom before the current class has finished.
5. Appropriate exercise attire must be worn.
6. Gym bags are not permitted in the studios.
7. Water must be in an enclosed, unbreakable container. Food is not permitted.
8. In consideration of other members, no cell phones in the studios and we request that pagers are on silent mode.
9. We recommend the use of a towel.
10. Only instructors operate stereos.
11. Please remember personal hygiene.
12. Please refrain from wearing perfume, cologne and scented lotions.
13. For health and hygiene reasons, please provide your own yoga mat for yoga.
14. We request that all equipment used in class is returned to the proper storage area.